



Take Charge of Your Health!



Learn About: Active Living Every Day

Ongoing health problems can be frustrating. Symptoms like pain or fatigue can get in the way of your everyday activities.

Don't let your health stop you from doing what you enjoy! Take charge by signing up for a physical activity program in your community. Learn ways to reduce pain and fatigue, move more easily, and do more of the things that are important to you—even after you leave the therapist's clinic. Talk to your therapist about how to get started!

What Is It?

Active Living Every Day is a program that encourages less active people to make physical activity part of everyday life.

- ✓ Active Living Every Day is designed for people who want or need to exercise more or be more physically active.
- ✓ Sessions meet in groups of up to 20 people for 1 hour once a week. Most Active Living Every Day programs last for 12 weeks; some last for 20 weeks.
- ✓ Every week, trained instructors lead you through group discussions. You'll learn how to set goals, overcome challenges, and make an exercise plan that's right for you.
- ✓ Then you'll follow your plan on your own time, at your own pace. You'll do all your exercises outside of the group setting.
- ✓ There are written materials and information online to help you track your progress.

How Can It Help Me?

- ✓ Research studies on Active Living Every Day have found it to be safe and effective.
- ✓ Studies show that the program can help you become more active.
- ✓ It can help you lower your blood pressure, feel less stressed, and improve your heart health.
- ✓ Active Living Every Day can also help relieve the symptoms of ongoing health problems.

Where Can I Sign Up?

Ask your therapist for a list of Active Living Every Day locations near you, or visit www.moveforwardpt.com/ArthritisPrograms.

Learn More

Active Living Partners
www.activeliving.info

Centers for Disease Control and Prevention
www.cdc.gov/arthritis/interventions.htm

